

# The Chakra Meditation Handbook



While meditation has been a part of many Eastern cultures for thousands of years, it has become the subject of much interest in the West and has drawn thousands, even millions of adherents.

Kundalini Yoga uses meditation to improve well being and, on a deeper level, attain spiritual enlightenment; the key, practitioners believe, is to develop the Kundalini energy - the inherent

evolutionary force - that is within each of us. This energy resides at the different Chakras, or energy centers, which are situated along the spine from the base to the top of the head.

When the Chakras are opened, they provide the pathway for the Kundalini energy to be released enabling one to achieve a higher consciousness.

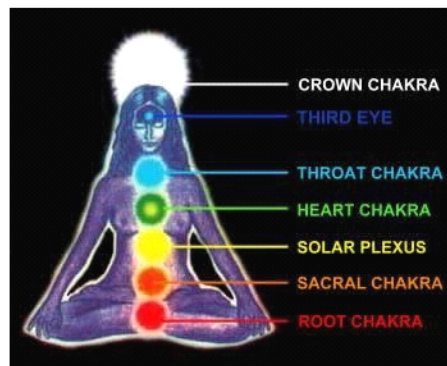
Opening or activating the chakras is done through Chakra Meditation.

## ***What are Chakras?***

**Yoga teaches that a human being is made up of four bodies-the physical body, the mental**

body, the causal body, and the astral body.

It is in the astral body where the Chakras reside, acting as transformers that move and regulate the flow of energy or life force between the four bodies.



**There are seven Chakras, each one governing a physical region and dictating specific**

emotions and personality traits.

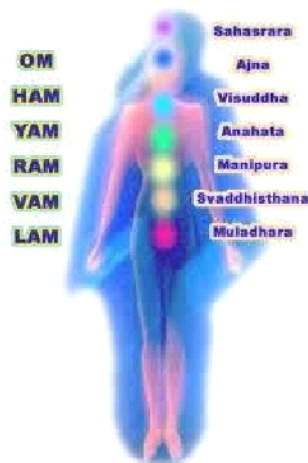
1. **Root Chakra.** Base of the spine. Governs the excretory system. Influences feelings of security and fear.
2. **Sacral Chakra.** Lower abdomen. Oversees the sexual functions. Influences self expression and creativity.
3. **Navel Chakra.** Solar plexus. Affects the digestive system. Influences willpower and anger.
4. **Heart Chakra.** Center of the chest. Rules the circulatory system. Influences the expression of love.
5. **Throat Chakra.** Throat. Presides over the auditory and speech systems. Influences communication.
6. **Third Eye Chakra.** Forehead. Governs perception. Influences intuition.
7. **Crown Chakra.** Top of the head. Rules the brain and nervous system. Influences the experience of enlightenment.

## Chakra Meditation Techniques

Life energy, or prana, runs through the astral body and determines the health of the Chakras and the regions that they govern. If the energy flows freely, it opens the Chakras and brings about healing and rejuvenation.

**To open the Chakras, one has to perform Chakra Meditation, and there are three basic techniques for performing it.**

*chakra mantra meditation technique*



**The first technique uses a mantra, or meditation sound, which one chants loudly or mentally while concentrating on a particular point.**

The mantras assigned for each Chakra point are as follow:

- 1. Root chakra meditation sound: LAM*
- 2. Sacral chakra meditation sound: VAM*
- 3. Navel chakra meditation sound: RAM*
- 4. Heart chakra meditation sound: YAM*

*5. Throat chakra meditation sound: HAM*

*6. Third Eye chakra meditation sound: OM*

*7. Crown chakra meditation sound: Silence*

## **Step-by-step Chakra Mantra Meditation**

1. Sit straight on the floor with your legs crossed; you may also sit on a chair or lean against a wall. Put your right hand on your forehead, keeping it about a finger's width above your eyebrow. Close your eyes. As you concentrate on your third eye, take a deep breath and chant 'OM' as you exhale slowly.
2. Take off your right hand from your forehead and place your left hand over your throat. Inhale slowly then chant 'HAM' as you exhale.
3. Take your left hand from your throat and put your right hand over your heart. Slowly take a deep breath and chant 'YAM' as you exhale.
4. Take your right hand from your heart and put your left hand on your solar plexus. Inhale slowly then chant 'RAM' as you exhale.
5. Remove your left hand from your solar plexus and put your right hand below your navel. Take a deep breath then chant 'VAM' as you exhale.
6. Finally, remove your right hand from your navel and place your left hand on your genitals. Inhale slowly then chant 'LAM' as you exhale.

**As you finish, repeat the process in the reverse, or moving upwards from the Root Chakra to**

the Third Eye. Do three repetitions in each direction.

You may also wish to concentrate on a specific Chakra, repeating the mantra for 20 minutes.

## *chakra visualization meditation technique*



**The second Chakra meditation technique is to visualize each chakra as a spiraling cloud of colored light.**

The Chakras and their meditation colors are as follow:

- Root Chakra - Red
- Sacral Chakra - Orange
- Navel Chakra - Yellow
- Heart Chakra - Green
- Throat Chakra - Blue
- Third Eye Chakra - Indigo
- Crown Chakra - Violet

## **Step-by-Step Chakra Visualization Meditation Guide**

1. Sit up straight on the floor with your legs crossed; you may also lie on your back without a pillow.
2. Close your eyes and slowly inhale five times to help you relax.
3. Visualize a spiraling red cloud at the base of your spine while feeling your breath move in and out of that spot. Do this for two minutes.
4. Move to the next Chakra, visualizing its meditation color as a spiraling cloud and concentrating on your breath at the same time.

5. Repeat the process until you complete the seven Chakras. When you're done, stay in place and relax for a few minutes. Finish your meditation by affirming that you're at peace and in good health. Before opening your eyes, rub your palms then place them over your eyes for a few seconds to relax your eye muscles.

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## *chakra kriya meditation technique*



The third Chakra Meditation Technique is the safest because it concentrates on clearing the blockages from the energy channels instead of directly opening the Chakras which could lead to imbalances when done prematurely.

**The technique increases the flow of energy to the different regions of the body thereby promoting healing and rejuvenation while activating the Chakras at the same time.**

‘Kriya’ refers to a set of ‘asanas’ or yogic poses. However, the technique also uses Pranayama, or breathing exercise, which is a complete meditation exercise in itself.

The following is an example.

### **Step-by-Step Chakra Kriya Meditation Technique:**

1. Sit up straight and very slightly open your eyes while looking at the tip of your nose.
2. With your left hand on your left knee, use your right thumb to block your right nostril while the rest of the fingers are pointing upwards.
3. Breathe in deeply through your left nostril until your lungs are full.

4. Place your right hand on your right knee and pull in your abdominal muscles each time you chant (mentally) the mantra 'Wahay Guru.' Chant the mantra 16 times.
5. After chanting, cover your left nostril with the little finger of your right hand and exhale through your right nostril.
6. Repeat by reversing the process, i.e., putting the thumb of your left hand on your left nostril, etc. You should be able to complete 32 abdominal pumps after completing two cycles.

**This exercise is for beginners and can be completed for three minutes, gradually increasing to 11 minutes as you progress.**

### *the chakra healing system*

There are many different methods that work for chakra healing including kundalini yoga, mantra chanting, and even meditation. However, I've personally found that the most effective method for balancing your chakras is a unique system I've developed over the years which harnesses the power of energy psychology.

It is perfect for both the beginner, as well as the advanced practitioner, because the techniques I use are extremely powerful...yet simple enough for anyone to follow.

What if I told you that I could take you by the hand...and walk you through this simple but effective way of balancing your chakras in the privacy of your own home?

Unfortunately I can't be there in person to help everyone...so I've done the next best thing and created an easy to follow program designed to help you balance your chakras from root to crown, by yourself without the need of any special training.

Are you ready to start opening your chakras today? If so, simply click the link below to learn more about this special training I've created for you.

[Click Here To Learn More About The Chakra Healing System](#)



## Conclusion

I promise that if you practice at least 1 of the techniques mentioned in this guide **consistently**, you WILL see massive progress in your chakra training. The key is to start with one method that works for you... and stick with it.

Sincerely Yours,

Rin

[www.BlockedChakras.com](http://www.BlockedChakras.com)

